

# Natto— Traditional Japanese Health Food

## 日本の伝統的健康食—納豆

### Part 5: Efficacy of Natto 2

#### 第5回 納豆の効能 2

Continued from July issue Throughout Japan, among children and continuing up to senior citizens as well, there is a huge contingent of “natto fans” everywhere. The superior results were described as being in five parts: nutritional efficacy, medicinal efficacy, a variety of vitamins, enzymes, minerals and amino acids.

**\*Vitamins** Because of the special fermentation, there is a startling range in the increase of the variety and amounts of vitamins. Vitamin B2 aids fat combustion, which is useful for things like reducing fat and cholesterol in middle age. In addition, there is a strong anti-oxidant action embodied in vitamin E, which may be expected to retard aging of the brain, and has recently attracted attention as a new vitamin that is incorporated in PQQ. Furthermore, something that should be noted is that it acts to prevent osteoporosis, or deterioration of bone mass that attacks older people who do not assimilate enough calcium to avoid this. Natto also includes vitamin K2, which is known to promote bone formation.

**\*Enzyme** Natto kinase is a revolutionary discovery that prevents heart thrombosis. Natto kinase was discovered in 1980 by an assistant professor at Chicago University, Sumi Hiroyuki, who found that it prevents the formations of blockages of blood vessels, which in turn prevents heart attacks and brain aneurisms. It is also a substance that is

expected to have the possibility of preventing the dementia that occurs from brain aneurisms. Natto kinase is comprised of pure soybeans and does not contain manufactured food products like tofu or miso soybean paste. Natto bacteria produce an enzyme unique to natto that is contained in the sticky part of it.

**\*Minerals & Amino Acids** It is said that in general it is difficult for the body to absorb calcium, but it is now known that superior protein substances make a dramatic improvement in the rate of absorption. Therefore, natto is a precious source of calcium, and moreover, as mentioned previously, it has the merit of facilitating the absorption of vitamin K2 as well. In addition, natto contains iron, an element that is essential for the active operation of the brain. It prevents dementia, and promotes smoothly running brain functions because of the mineral zinc, which has become the focus of attention. Besides this, it also contains other things like magnesium. In this way, natto is a food product that has multiple and diverse benefits for one's health, and functions at a high level. There is much research focused on it being conducted today. A Taiwanese team this year has published a report showing that the enzyme in natto reduces the risk of Alzheimer's disease.

(Ref.: <http://www.nutraingredients-usa.com/content/view/print/236286>)

\*Please consult with your doctor in regards to the anti-coagulant medication, Warfarin. There is a possibility that the operation of vitamin K2 will reduce the efficacy of other drugs.

**納豆の効能①の続き** 納豆は日本では、健康食、美容食として子供からお年寄りまで、毎日の食生活に摂り入れられています。優れた効能は栄養効果、薬用効果、ビタミン類、酵素、ミネラル&アミノ酸の5つに分けられます。

**\*ビタミン類** 特に発酵による、ビタミン含有量の大幅な増加には驚くものがあります。まずビタミンB2は、煮豆のときに比べ約3倍に増えます。ビタミンB2は脂肪燃焼を助け、中性脂肪やコレステロールなどを減らす働きがあります。また、強力な抗酸化作用があり、脳の老化防止に期待されているビタミンE、最近になって新しくビタミンとして注目されているPQQが含まれていることが分かってきました。更に特筆すべきはカルシウムが不足して起こる高齢者の病気「骨粗鬆症 (osteoporosis)」などの予防に対して、骨への形成効果が期待されているビタミンK2というビタミンも納豆には含まれています。

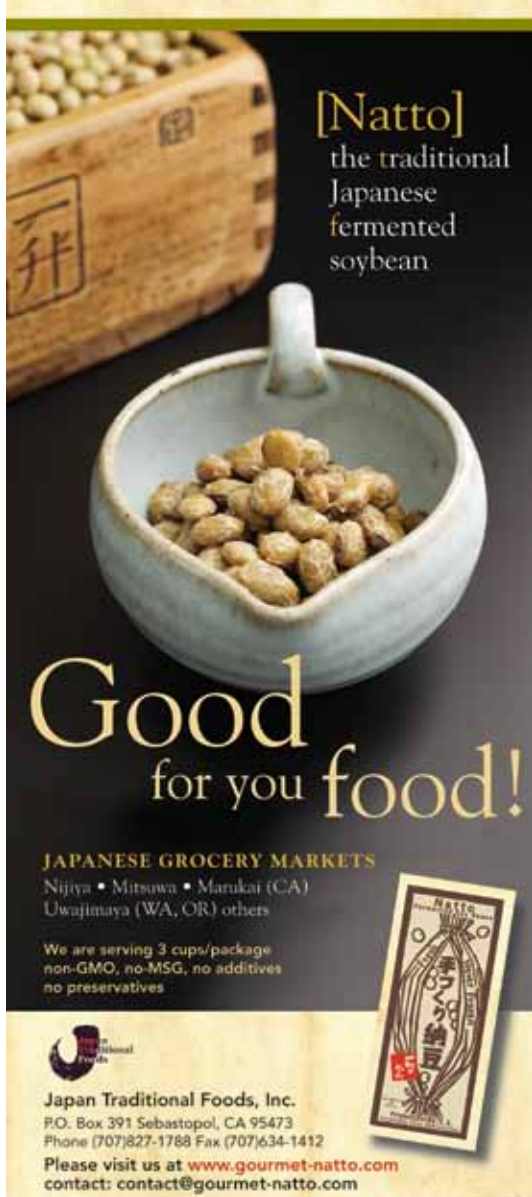
**\*酵素** 血栓予防の画期的な発見といわれているのが、ナットウキナーゼ (NattoKinase) です。ナットウキナーゼは1980年にシカゴ大学の須見洋行教授によって発見され、血栓の発生を防ぐことで心筋梗塞や脳梗塞を予防でき、脳の梗塞によって起こるボケも予防することの可能性が期待されている物質です。ナットウキナーゼは大豆そのものや豆腐・味噌などの加工食品には含まれておらず、納豆菌が作り出すあのネバネバした部分に含まれている納豆独自の酵素です。

**\*ミネラル&アミノ酸** 一般的にカルシウムは吸収しづらいと言われていますが、良質のたんぱく質と一緒に取ると吸収率がアップすることが分かっています。納豆は貴重なカルシウムの供給源であり、しかも前述したビタミンK2と一緒に取れるというメリットがある上、脳の活性化には欠かせない鉄分、ボケの予防や脳の働きを良くしてくれるミネラルとして注目されている亜鉛、そしてマグネシウムなどが含まれています。このように納豆には多種多様な健康効果が期待できる食品です。また、今年になって納豆の酵素がアルツハイマー (Alzheimer) のリスクを下げるのでは無いかという研究が台湾の研究チームから発表されています。(参照: <http://www.nutraingredients-usa.com/content/view/print/236286>)

※現在ワーファリン (Warfarin) という血栓固防止剤 (anti-coagulant medication) を服用している方は、専門医に相談してください。ビタミンK2の作用で薬の効果が減少してしまう可能性があります。

The first Natto factory in America!  
Not imported and frozen, but fresh and tasty!

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冷凍輸入でないから新鮮な納豆の味わい!



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### Natto Spring Roll

#### Filling:

- \* 1cup Natto
- \* 50g Bean sprout
- \* 1 Cucumber
- \* Shiso Leaf
- \* 1/2 package thin brown rice noodles
- \* Cilantro to taste

#### Dipping sauce

- \* Fish sauce to taste
- \* Squeezed lemon juice to taste
- \* Honey to taste



#### Preparation

1. Water for about 10 - 12 seconds, just until soft (don't let it become too soft; it will continue to soften as you work). Lay it on the cutting board.  
\*You will have a bowl that is larger than diameter of rice papers so that you can completely immerse the skins in water to soak and soften them. Rolls big enough to hold. Soak one paper at a time, or they will stick to each other.
2. Soak the brown rice noodles in hot water to soften for about 20 minutes. Drain thoroughly. (How to prepare the noodle depends on the products, see the back of the package and follow the directions.)
3. Wash the vegetables and cut cucumber into thin slices.
4. Blanch bean sprouts quickly.
5. On a rice paper, lay shiso and a small amount of noodles, vegetables and Natto. Fold both sides of the paper over the filling, and then roll it up.
6. Combine all the dipping sauce ingredients in a small bowl and sprinkle chopped cilantro.
5. Transfer the fried rice to a warmed serving bowl and top with the mint leaves. Serves 2.